

**Types of Relationships**

1. Enmeshed
  - a. Everything is the same
  - b. Many times this is caused by one person always giving in to the other.
2. Disengaged
  - a. Everything is always different
  - b. No one ever gives in
3. Interdependent
  - a. The relationship is characterized by give and take from both people
  - b. The couple works together